

## Post Shorts

### Recycling schedule



The residential and recycling pickup schedule for March 29, is paper. Put items in paper bags, boxes or bundles and place them on the curb

### New hours for Edgewood Health Clinic

The clinic is closed every Thursday after 1 p.m. for training. For more information, call Sgt. Erin Massey, 410-436-7466.

### Join the APG Black Employment Program

The Black Employment Program will hold its next meeting 2:30 p.m., March 23, in the Equal Employment Opportunity/Courthouse building 2043. The BEP seeks a diverse group of interested, innovative, dedicated and driven managers, supervisors and employees from all racial and ethnic categories to join and support the mission and goals of the APG EEO Program, which impact the entire APG workforce. Grades GS-15 and below, including military EOA and EOR personnel from all tenant activities are encouraged to join. For more information and membership call Kimberly Alcorn, EEO Office, 410-278-1145 or e-mail kimberly.alcorn@us.army.mil.

### RAB meeting scheduled

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., March 30, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Canal Creek and J-Field Study Areas.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

### MCSC offers scholarships

The Military and Civilian Spouses' Club will administer two scholarships this spring for the 2006-2007 academic year. The First Command Educational Foundation Scholarship is \$1,000,

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# Energy Champions get mobilized on APG

Story by  
**YVONNE JOHNSON**  
APG News

Aberdeen Proving Ground detailed the Army's Energy Strategy for Installations, a part of the new Army Conservation Program, during two workshops for designated Energy Champions March 14 and 16.

Energy Champions are those key personnel tasked with promoting energy conservation within their organizations.

Hosted by the Directorate of Installation Operations, the March 14 workshop, held at the Post Recreation Center, featured subject matter experts on conservation, recycling and alternate energy sources.

Dale Knieriemen, DIO director, welcomed the champions and asked them to watch, learn and share the news.

"I encourage you to listen, participate and go back to your directorates and tell them what's going on," he said.

The guest speaker was Don Juhasz, chief, Utilities and Energy Team, Office of Assistant Chief of Staff for Installation Management.

Juhasz focused on avoiding a "catastrophic event" that will occur "if we continue to consume energy at the current pace."

"We are all participants in a looming energy crisis due to our lifestyles," Juhasz said.

"At this time it is most important that we recognize the issues to delay a catastrophic event."

With the Army being the largest consumer of energy in the Department of Defense, Energy Strategy is needed, he added.

He said that if nothing is done now, it is likely energy resources will be exhausted in 25 years.

"There is no more million years to wait," he said. "We need a long-term plan to address these problems now."

He detailed the five goals of energy strategy which include:

1. Eliminate energy waste in existing facilities,
2. Increase energy efficiency in new construction/renovations,
3. Reduce dependence on fossil fuels,
4. Conserve water resources, and
5. Improve energy security.

Simple things like turning off lights when not in use, adjusting thermostats, improving insulation and recycling can go a long way toward making a difference. He charged the champions with encouraging conservation awareness among their coworkers and to continue efforts in their homes.

"Remember, there is a lot you can do, and you can make a difference," Juhasz said. "I have very low power bills



because I practice what I preach."

Other speakers from the DIO Business Management Division covered APG energy use; promoting awareness within the mission; creating energy savings; water conservation and alternative fuels. They included Barry Decker, operations specialist; Daniela Caughron, civil engineer; facilities managers Tom Vincenti and Jim Branscome, and Brandon Davis, installation energy manager.

Davis noted that APG commander, Maj. Gen. Roger A. Nadeau, recognized the

urgency of energy conservation in a memorandum dated Feb. 2.

Among other directives, the memorandum states that the use of personal electric heaters and refrigerators is not authorized and that they must be removed, and it directs personnel to report energy waste, such as street lights burning during the day, to the DIO Energy Hotline at 410-306-1107.

Davis said for the program to be successful it is vital for champions to be proactive in sharing this and other information and guidance with their organizations.

"The intent is that we give them information and also receive information from them," he said.

During round-table discussions the speakers took questions regarding Service/Work requests and other subjects from the champions.

Many of them indicated that they recognized the need for the initiative.

Rogelio Chevannes, a facilities coordinator with the Chemical Materials Agency, said he was selected as a champion due to his familiarity with energy issues.

"We are so far behind," he said. "It will be a challenge for the Army and its installations.

But if we can get supervisors and leaders in all activities and divisions to cooperate, that will solve a lot of problems. We all have to work together to make this happen."

"I think it's everyone's responsibility," added Spc. Nicole Schiffer, APG Dental Activity. Schiffer said she plans to spread the word not only at work but in her barracks as well.

"Training like this is important but it's up to us to share the information," she said.

Vera Wyatt, the APG Garrison administrative assistant to Command Sgt. Maj. Elvis Irby, also energy champion, she said the workshop was informative and that it provided a better understanding of conservation issues and strategies.

"Because we're not informed, we continue to be wasteful," Wyatt said. "This [workshop] gives us the tools to make others understand that the outcome of waste is not being here in the future."

For more information on the Army Energy Conservation program or to discuss energy-saving initiatives, contact an agency unit Energy Champion or call Davis at 410-306-1151 or e-mail him at brandon.davis16@apg.army.mil.

# Army college tuition assistance change takes effect April 1

Story by  
**YVONNE JOHNSON**  
APG News

The Aberdeen Proving Ground Education Center has announced that as of April 1, Army Education Centers will no longer issue tuition assistance for classes that begin on or after May 1, 2006.

All of a Soldier's needs regarding tuition assistance will be handled through the **www.GoArmyEd.com** Web site, according to Jim Van Duyne, APG education services specialist.

"The portal will be available 24 hours a day, seven days a week," Van Duyne said.

The current **www.eArmyU.com** Web site will change over to **www.GoArmyEd.com** on April 1 and those currently enrolled in eArmyU will have access, but those not enrolled should register for a login and password as soon as possible, he said.

"In order to obtain tuition assistance for classes starting on or after May 1, you must first be registered on the GoArmyEd Web site," Van Duyne said.

# Getting smart about AER

AER

Army Emergency Relief is a private nonprofit organization, whose sole mission is to help Soldiers and their eligible family members who are experiencing financial emergencies.

Any emergency must have originated from other than the Soldiers' own actions.

#### Eligibility

Individuals eligible for AER can be:

- Soldiers on extended active duty and their dependents.
- Members of the Reserve Components of the Army (Army National Guard and U.S. Army Reserve) under Title 10 on continuous active duty for more than 30 consecutive days and their eligible family members.
- Soldiers retired from active duty for longevity or physical disability, or retired upon reaching age 60 (Reserve Components) and their eligible family members.
- Surviving spouses and orphans of Soldiers who died while on active duty or after they retired.

**Authorized AER assistance**  
AER can help with emergency financial needs for:

- Emergency transportation and vehicle repairs
- Food, rent or utilities
- Funeral expenses
- Medical/dental expenses
- Personal needs when pay is delayed or stolen.

#### Unauthorized AER assistance

- Help pay for nonessentials
- Finance ordinary leave or vacation
- Pay fines or legal expenses
- Help liquidate or consolidate debt
- Assist with house purchase or home improvements
- Help purchase, rent or lease a vehicle
- Cover bad checks or pay credit

card bills

#### Applying assistance

Active duty Soldiers assigned to APG can request an application for AER assistance (DA Form 1103) through their unit or the AER office located in building 2754, room 201. The form is also available on Form Flow.

Soldiers will need to fill out the front of the form and provide all required information.

The Soldier's first sergeant or commanding officer must then review, approve and sign the form. The Soldier should bring the signed form, latest end of month Leave and Earnings Statement, military ID card, and all documentation supporting the request for assistance (such as leave form, rental agreement, written estimate of car repairs, utility bill) to the AER office.

No appointment is necessary and 97 percent of all AER requests for assistance are completed the same day.

Each AER request is personal and considered on its own merit.

Army retirees needing AER assistance should bring all documentation supporting their request for assistance and their military ID card to the AER office where they will receive help filling out their applications.

#### Types of assistance

The majority of AER assistance is provided in the form of an interest free loan with repayment of these loans helping to fund future assistance.

Under extreme circumstances, assistance may be given as a grant. Grants are not given for routine expenses that suddenly become a problem or provided simply because a Soldier has a monthly deficit and cannot repay a loan. Grants are never given for expenses that will be reimbursed by

See AER, page 8



Michael Tarrey, 4, poses for a photo with his new friend, Sparky the Fire Dog, during the 2005 Spring Fling at Aberdeen Proving Ground. Sparky celebrates his birthday at this year's Spring Fling to be held on Capa Field April 8.

## Community Spring Fest set for April 8

Story and photo by  
**YVONNE JOHNSON**  
APG News

Morale, Welfare and Recreation will host the Aberdeen Proving Ground Community Spring Fest 10 a.m. to 4 p.m., Saturday, April 8 at Capa Field.

A fun-filled day of planned activities includes an Easter Egg Hunt at 12:30 p.m., a kite-flying demonstration by the Army Substance Abuse Program at 2 p.m., balloon hats and face paintings, kickball and basketball free throw tournaments, a birthday celebration for Sparky the Fire Dog, parent and child Well Aid classes, a book fair and visits from special guests Spiderman, La La the Teletubby, the Easter Bunny and Dora the Explorer, displays and demonstrations by the APG police and fire departments, door prizes and more.

Food and refreshments also will be on hand.

For more information contact Chris Lockhart, 410-278-3904 or Pat Palazzi, 410-278-7479.





# Morale, Welfare & Recreation

## Activities

### Registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at [www.apgmwr.com](http://www.apgmwr.com). Unless otherwise stated, bus trips depart from the Best Western, Vitali's in Edgewood.

### All-Army Sports

Soldier-athletes can now apply to participate in All-Army Sports via the Internet. Any qualified participant with Internet access and an Army Knowledge Online account can apply for the program by visiting <https://armysports.cfsc.army.mil>. The Web site provides detailed information about the program, competition calendar, selection criteria and points of contact in the

Army Sports office.

For information, call Ralph Cuomo, 410-278-2812.

### Bowling lessons

Learn the basic fundamentals of bowling on Saturdays, 11:30 a.m., through April 8. These classes teach bowlers how to hold the ball, where to stand on approach and the basic four-step approach. The class is open to children ages 6 to 18.

### Ladies Golf

Ruggles Ladies 18-hole Golf Group will hold their season opening coffee at the Ruggles Golf Course 10 a.m., March 30. All handicap levels are welcome. Come and learn more about the group.

For more information, call Louise Gentry, 410-838-7230.

### Freeport, Nassau Four-Night Cruise

Deposit of \$25 is due March 31 for a cruise to Freeport and Nassau. Cruise will depart from Jacksonville, Fla., Sept. 14. Total cost of cruise is \$840.93 per person and includes airfare from BWI Airport.

### Opening Day Tournament at Ruggles

On April 8, celebrate opening day at Ruggles Golf Course. Patrons may enter as a team or individually to the Captain's Choice Format. With an 8 a.m. shotgun start, this will be a day you do not want to miss.

The entry fee ranges from \$20 to \$48 and includes greens fee, cart and range balls prior to event. Come out for a day of golf, food, fun and prizes! For more information on this or any other event at Ruggles, visit Ruggles Golf Course, building 5600, or call 410-278-4794.

### Horse care, stable management class

The class will teach grooming, feeding, foot care, safety procedures, stall preparation, pasture management, saddle and bridle training. Classes will be held 10 to 11 a.m., April 8 and 15. Children under 12 will receive a free pony ride after the class on April 15.

### A day in NYC

Enjoy the day in New York City April 8. There is no set agenda—see a show, shop, sight see or just relax in the park. The bus will leave at approximately 8:15 a.m. and return around 10 p.m. The cost is \$39 and space is limited.

### ACS offers computer classes

The following classes are being offered by Army Community Service at the HEAT Center in Aberdeen. Books will be provided, and students completing the class will receive certificates from Harford Community College.

For more information, or to register, call Marilyn Howard, 410-278-9669.

#### Microsoft Word

Beginning April 11, classes run 5:30 to 8:30 p.m. each Tuesday through May 9.

#### PowerPoint Introduction

Beginning April 12, classes run 5:30 to 8:30 p.m. each Wednesday through April 26.

#### Microsoft Excel

Beginning April 13, classes run 5:30 to 8:30 p.m., each Thursday through May 11.

### Easter Brunch

Enjoy an Easter Brunch at Top of the Bay April 16. There will be a breakfast and a lunch buffet including many favorites.

Reservations must be made by April 13 by calling 410-278-3062/2552/5195, 8 a.m. to 4:30 p.m., Monday through Friday.

### Cape May Lighthouse cruise

Visit historic and picturesque Hereford Inlet Lighthouse on April 19. The lighthouse was a beacon of safety and assurance to the 19th century mariners and has become a focal point for residents and visitors of this seashore resort community. Next, step aboard the Delaware Bay Lighthouse Adventure for a three-hour cruise.

Lunch will be served onboard. After the cruise, enjoy a guided coach tour of Cape May Point and lighthouses. Cost is \$140 and includes transportation, cruise, lunch and tour.

### African-American heritage tour

This 85-minute walking tour highlights the African-American Heritage of Cape May through architecture, sto-

ries and photos. After the tour, enjoy lunch at Yesterday's Heroes. Then onto a trolley tour of Cape May's Historic District. Browse the colorful shops of the quaint outdoor Washington Street Mall searching for antiques, unique crafts, clothing and creative jewelry. The trip costs \$85 and will leave at approximately 6:50 a.m. April 23.

### The Color Purple on Broadway

MWR will sponsor a trip to Broadway, New York City, April 23 and Aug. 12. The cost is \$160.50 and includes tickets and roundtrip transportation. There will be time for shopping.

The Color Purple is an inspiring family saga that tells the unforgettable story of Celie, who, through love, finds the strength to triumph over adversity and discover her unique voice in the world.

A limited number of seats are available. The bus will depart 7:50 a.m. and return at approximately 9:30 p.m.

For more information or to purchase tickets, call 410-278-4011.

### Cape May Victorian era tour

Take a glimpse into the lifestyles of the rich and famous Sunday, April 30 with a tour of the lavishly restored 1879 Physick Estate and three artfully restored Victorian inns.

A tour guide will point out highlights of the gingerbread trimmed architecture along the Trolley Tour Historic District. Tour will leave around 7 a.m. and space is limited. Cost is \$88 and includes transportation, tour and lunch.

### NASCAR Busch Series Night Race

Tickets are available for The Circuit City 250 at Richmond International Raceway May 5. Tickets cost \$28, and the Party Zone package is \$88. The ticket to this

event includes NASCAR Nextel Cup Series practice and qualifying which takes place prior to the race. Children 12 and under are free in general admission sections. The Party Zone package is a hospitality package that includes a pre-race pit pass.

### White House tour

Just in time for cherry blossom season, this May 13 visit to Washington D.C. includes an escorted tour of the White House and a visit to the World War II Memorial, as well as free time to visit other sites. The trip will depart at 6:30 a.m. and costs \$30. Space is limited.

### Swan Lake

The Lyric Opera House is hosting a production of Matthew Bourne's Swan Lake 8 p.m., May 13.

Bourne has created a passionate and contemporary Swan Lake for the times. Bourne's production has won more than 30 international theatre awards, including three Tony Awards.

This production is powerful, provocative and original. This is its 10th anniversary season.

Tickets are available through MWR Registration for \$70.

### Riverdance

Riverdance is the internationally acclaimed celebration of Irish music, song and dance. This production returns to the Lyric Opera House 2 p.m., May 20.

Tickets are available through MWR Registration for \$65.50.

### NASCAR at Dover Speedway

There are a limited number of tickets available for members of the military community for the June 4 race. Seats are first-come, first-serve and cost \$86. Tickets are also available for the Busch series race on June 3 at Dover International Speedway for \$37.

## APG MWR Web site offers shopping discounts

APG's MWR Web site has added a new section titled "Affiliate Discounts," where a customer can find discounts on pet supplies, car accessories, rental cars, home or office supplies, lifestyle, travel or leisure. Whether looking to rent a car or trying to send a fruit basket to someone, the options are online at [www.apgmwr.com](http://www.apgmwr.com).



## Registration for All Army Chess tournament closes April 15

Army personnel on active duty for 90 days or more are eligible to compete in the All Army Chess Tournament May 13 to 20 at Fort Myer, Va.

The deadline for individual registration is April 15.

Strong players who are actively participating in USCF sanctioned tournaments are encouraged to apply.

The Inter-service Chess Championship is June 11 to 17, Naval Air Station Jacksonville in Jacksonville, Fla., and the NATO Chess Championships is Aug. 19 to 26 at Wellington College in Berkshire, England.

Players must place in the top six at All Army levels to qualify for the Inter-service and NATO championships.

To register, or for more information, contact the APG Sports Office, 410-278-3929; call Kris Dalessandro, CFSC Army Recreation, 703-681-7205; DSN 761-7204, FAX 703-681-7249 or e-mail [kris.dalessandro@cfsc.army.mil](mailto:kris.dalessandro@cfsc.army.mil); or visit the Army MWR Web site <http://www.armymwr.com/portal/recreation/chess/tournament.asp>.



# APG News

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Deadline for copy is Thursday at noon for the following Thursday's paper.

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## SCHOOL LIAISON

### GAINS offers math, science summer program

Gains in the Education of Mathematics and Science, or GEMS, Program will offer students the opportunity to expand upon their interest in math and science and classroom courses with hands-on laboratory experiences. The 2006 Summer Program will focus on the study of polymer science or plastics.

Students ages 13 and up will be considered for participation (grades 8 through 12). The program will be held 8:30 a.m. to 3:30 p.m., Monday through Friday, for a one-week period, at the Rodman Materials Building, U.S. Army Research Laboratory, located on 4600 Deer Creek Loop, APG. Students must have

their own transportation to and from the program each day. Students receive a stipend of \$100 for participation in the 1-week program one month after class completion.

To be eligible to receive the stipend depends on student attendance, level/extent of participation and enthusiasm. To apply for the GEMS program, student applications are available at <https://usaeop.com/Application/student1.aspx>. Applications must be submitted on-line. Students applying should be sure the site selected is APG.

For more information, visit <http://www.usaeop.com/programs/GEMS/>.

## LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, building 3320, are 1 to 5 p.m., Saturday and Sunday, and 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

The following are a few of the new titles available at the APG MWR Library:

#### Tripping the Prom Queen: the truth about women and rivalry

by Susan Barash  
The author claims that competition between women is vicious precisely because it is covert. She describes how women are trained from an early age to compete with one another, and she pinpoints the areas in which they battle most heatedly.

#### Come Hell or High Water: Hurricane Katrina and the color of disaster

by Michael Dyson  
Dyson contends that Katrina exposed a dominant culture pervaded not only by active malice toward poor blacks but also by a long history of passive indifference to their problems.

#### Lighting the Way: nine women who changed modern America

by Karenn Gore Schiff

The subjects of these detailed portraits include workers' right activist Mother Jones, famed African-American journalist Ida B. Wells-Barnett, and Frances Perkins, the first woman Cabinet member.

#### Assassination Vacation

by Sarah Vowell  
From Buffalo to Alaska, Washington to the Dry Tortugas, Vowell visits locations immortalized and influenced by the spilling of politically important blood, reporting as she goes with her trademark blend of wise-cracking humor, remarkable honesty, and thought-provoking criticism.

#### What Every American Should Know about Who's Running the World: the people, corporations, and organizations that control our future

by Melissa Rossi

The library's Web site, [www.apgmwr.com/recreation/libraries.html](http://www.apgmwr.com/recreation/libraries.html), provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.



# Black History Month celebrated with a trio of events at MRICD

Story by  
**CINDY KRONMAN**  
MRICD

The U.S. Army Medical Research Institute of Chemical Defense celebrated Black History Month throughout February with a pot-luck lunch and lecture, a lunchtime movie and a prayer breakfast.

At the pot-luck lunch on Feb. 9, LaSandrarita Caldwell gave a presentation on “Black Indians: Bloodlines between African Americans and Native Americans.” Caldwell, who has a background in education and international relations and who owns a public relations firm, Jahkia, Inc., became interested in the subject through personal experience--her paternal grandmother was a Catawba Indian.

Caldwell says she finally became curious enough about Grandma Mary and her family to look into her Native American heritage. In doing so, she discovered a series of interviews, recorded in the 1930s, of former slaves, then in their 80’s and 90’s. Many of these former slaves revealed that they had been owned by Native Americans; they had adopted the Native American culture, learning the language and the customs, as slaves owned by colonial Americans had adopted European culture.

Caldwell told the audience that about 80 percent of African Americans have Native American ancestors, but that few have explored this aspect of their heritage because most of the focus in the black community has been on its African roots.

Many African Americans, said Caldwell, may have been reluctant to recognize their Native American background for fear of diluting the African influence.

Caldwell shared with the audience many interesting facts about the history between African and Native Americans. Among such facts was that Christopher Columbus, upon arriving in the New World, discovered that the Indians traded with black men from the east, and that all along the east coast of America the Africans and



Photo by BRANDON MULLER, MRICD  
*LaSandrarita Caldwell poses with a photo of her Grandma Mary, a Catawba Indian, who inspired Caldwell’s research into the ancestral ties between African and Native Americans.*

Native Americans had already intermingled.

The lunchtime movie on Feb. 15 featured the film, “Something the Lord Made,” the story of Vivien Thomas, former head of Johns Hopkins surgical research laboratory.

The stock market crash in 1929 and subsequent Depression ended Thomas’ dreams of medical school, and he took a job as a lab technician for surgeon Dr. Alfred Blalock. Despite discrimination and prejudice of the period, Thomas, through his association with Blalock, made many significant contributions to surgical techniques and equipment during his career. One of the most significant is the procedure to alleviate a congenital heart defect commonly known as “blue baby syndrome.”

Dr. Lawrence LaMont Turner, pastor of Zion Temple Church, Inc., in Havre de Grace, was the invited speaker at the prayer breakfast on Feb. 22. Joining him from the congregation was Koren Welsh, who sang an a cappella rendition of “Tis So Sweet to Trust in Jesus.”

Turner spoke of a “call for a performing generation,” defining that generation as “those who will stand on the shoulders of those who have accomplished great victories.”

Turner likened Dr. Martin Luther King to Moses: both men saw a promise land, he said, but neither reached it in

their lifetimes, and establishing that promised land was left to others.

Turner called on today’s generation to continue the change in society begun by their predecessors.

“What are we going to do to bring about change?” Turner asked. “We need to make sure we answer that call. There is a call.”

Caldwell and Turner each received a plaque in appreciation of their participation in the Black History Month celebrations. Each was also given an MRICD mug as a memento of their visit, as well as the poster that had been created to advertise their event.

The Black History Month celebrations were organized by employees Alfreda Dunn, Carleen Jackson, Wanda Waldon, Helen Wells, Spc. Lakeisha Burr, Ebony Thomas and Capt. George Thorne. In addition to arranging for the speakers and movie, the committee, assisted by other institute employees, provided a selection of food for the pot-luck lunch and for the breakfast, as well as hotdogs, French fries, popcorn and juice for the lunchtime movie.

# Customers alerted to rise in use of fraudulent coupons

Story by  
**RICK BRINK**  
DeCA

Consumers should be careful how they get Internet coupons.

That’s the word from Defense Commissary Agency officials who are alerting customers about a recent rise in the use of fraudulent Internet or home-printed coupons and steps the agency has taken to address the issue.

Commissaries gladly accept Internet or home-printed coupons provided they meet these requirements: the coupons must have “dot-scan” bars below expiration dates or bar codes with Product Identification Numbers (PINs), and they can’t be for free products.

This is an expansion of acceptance criteria for home-printed coupons because counterfeit coupons have shown up recently in commissaries and other supermarkets nation-



*This is an example of an acceptable coupon.*

wide. Officials are pointing to Internet trading as the source of the counterfeit coupons.

“Counterfeit coupons are circulating on the Internet through auction services, message boards, e-mails and other means causing millions of dollars in losses to the grocery industry,” said Scott Simpson, DeCA’s chief operating officer. Fraudulent coupons presented recently at commissaries were for products ranging from laundry detergents, air fresheners and deli meats to sodas, chips and over-the-counter medications.

Defining more stringent requirements for stores to accept home-printed coupons is one phase of action the agency is taking to combat the problem. Educating customers about how to avoid getting taken by counterfeit coupons is the other phase, and it’s been described as the best line of defense against possible fraud, Simpson said.

People who purchase or trade coupons are inherently at risk of receiving counterfeit coupons, therefore customers shouldn’t buy or trade for coupons. The sale or transfer of coupons is a violation of virtually all manufacturers’

coupon redemption policies, according to the Coupon Information Center, a coupon industry watchdog. These policies are printed on the coupons.

Customers can be assured they are not obtaining counterfeits if they get their coupons directly from newspapers or magazines, directly from a manufacturer or from some other legitimate coupon channel, including Internet sites. Legitimate Internet coupons are featuring new dot-scan bars below their expiration dates. The dot-scan bars look like bar codes with broken bar patterns. Internet coupons also usually have PINs and bar codes, and they are not for free products.

**Avoiding possible counterfeit coupons**

- Look for the dot-scan bar below the expiration date on Internet coupons. If they don’t have a dot-scan bar, look for a PIN and bar code. Many now have both a dot-scan bar along with a PIN and bar code.
- Look out for coupons printed on photocopy, plain white, photographic or card stock and coupons with fuzzy images or misspelled words.
- Look out for unusually

long expiration dates.

- Look out for coupons sent electronically by someone other than a manufacturer or its authorized representative.
- Look out for coupons with printing on only one side.
- Look out for multiple coupons for the same product with identical PINs.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices – savings worth about \$2,700 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.





Photos by MARGUERITE TOWSON  
Cynthia Levario waits outside the Veterinary Treatment Facility with her pets, Aneca and Georgy.



Veterinary technician Dodie McMillan, right, administers a rabies shot to Dingo as his owner Mary Ann Roberts looks on during the Walk-In Clinic held March 9 at the Veterinary Treatment Facility.

# Pet owners wait patiently for walk-in clinic

Story by  
**YVONNE JOHNSON**  
APG News

Business was not only booming, it was barking and meowing at the staff of the Aberdeen Proving Ground Veterinary Treatment Facility during the March 9 Walk-in Clinic.

More than 70 pet owners showed up, many more than an hour before the clinic opened, to get vaccinations and micro-chipping for their cats and dogs, said VTF receptionist Tamra Warrington.

“There were animals everywhere outside,”

she said. “Seventeen patients were already signed in by the time we opened and some waited two hours to be seen, but nobody seemed to have a problem with it.”

Warrington said that the micro-chip requirement for pets residing on Army installations went into effect Jan. 1.

“We did a lot of micro-chipping that day, in fact we were pretty busy all day,” she said.

Pet owners can still call for an appointment for micro-chipping and other needs, she added.

For appointment or more information, contact the VTF at 410-278-3911/4604.



‘Kujo’ is a neutered brown and black 1-year old Rottweiler/Shepherd mix available for adoption. He’s playful, lovable and has already been micro-chipped.

# Community Notes

### Movies

**ADMISSION: ADULTS \$3.50, CHILDREN \$1.75**

**Building 3245 Aberdeen Boulevard**

**To verify listing, call 410-272-9008, or visit [www.aafes.com](http://www.aafes.com) and click on "Movie Listing."**

**WHEN A STRANGER CALLS**

Friday, March 24, 7 p.m.

Starring: Camilla Belle, Tommy Flanagan, Tessa Thompson, Brian Geraghty

A teenage babysitter (Bell) gets a phone call from a mysterious stranger, asking, "Have you checked the children lately?" Eventually the police realize the call is coming from ... inside the house. (Rated PG-13)

**SOMETHING NEW (FREE ADMISSION)**

Saturday, March 25, 7 p.m.

Starring: Sanaa Lathan, Simon Baker, Golden Brooks, Stanley DeSantis

A beautiful L.A. career woman, Kenya (Lathan) works as a senior manager at a prestigious accounting firm, and is on the verge of making partner. But she has yet to find her own partner and a fulfilling personal life. Kenya agrees to a blind date with Brian Kelly (Baker), who turns out to be not exactly what she'd pictured for herself. But it's when her perfect match, Mark (Blair Underwood), enters the picture that Kenya is truly thrown into confusion. Ultimately, Kenya has to decide for herself and follow her heart - no matter where it takes her. (Rated PG-13)

**FINAL DESTINATION 3**

Saturday, March 25, 9 p.m.

Starring: Mary Elizabeth Winstead, Ryan Merri-man, Kris Lemche, Texas Battle, Gina Holden

After high school senior Wendy Christenson (Win- stead) has a fatal premo- nition of a disastrous roller-coaster accident that involves her and her friends, she warns every- one and luckily gets her- self and many of her friends and others off the roller-coaster before it sets off. After it crashes just like in her premoni- tion, Wendy teams up with a friend, Kevin Fischer (Merriman) and others to try and cheat death. (Rated R)

**FRIDAY  
MARCH 24  
KIDSAVE MARYLAND  
SUMMER MIRACLES  
PROGRAM**

Kidsave will host a “Tonight Show” Cabaret, 7 to 11 p.m. at St. Margaret Mission in Bel Air. The show will feature the “hidden talents” of many community and business leaders. The Kidsave Mary- land Summer Miracles Program brings orphaned children, ages 7 through 12, to the United States to expe- rience family life, attend camp and get some rest/ relaxation. The event also will feature dinner by Outback Steak House, cash bar, silent auction and DJ by proproduction. Tickets cost \$50 each and advance tickets are required. The event is open to the public. For more infor- mation or to purchase tick- ets, call Nancy Spence, 410

399-4108, or visit **[www.kid- save.org](http://www.kid- save.org)**.

**SATURDAY  
MARCH 25  
YOUTH SUMMER JOB  
FAIR**

The Susquehanna Workforce Network, Inc. will sponsor the 2006 Youth Summer Job Fair, 9 a.m. to noon at the Ramada Inn Conference Center, Exit 77A off Interstate 95 and Maryland Route 24 in Edgewood. The fair is open to applicants ages 16 through 21 seeking summer employment. App- licants should dress in busi- ness interview attire. Representatives from Aberdeen Proving Ground Federal Credit Union, Hampden Moving and Storage, Harford County Government, Harford County Public Schools, Hess Hotel Group, Home Depot, Mercantile County Bank, Pizza Hut and Wilson's Farm Market will be available. For more information, contact Regina Brown at the Susquehanna Workforce Network, 410-575-7258 or by e-mail at [Rbrown@swnet- work.org](mailto:Rbrown@swnet- work.org).

**SQUIRREL FEEDER**

Participants will make a unique squirrel feeder where squirrels eat under glass. The fee is \$5 for ages 12 through adult. It is from 1 to 3 p.m. Reservations are required. For information, directions to the Anita C. Leight Estuary Center, or to make a reserva- tion, call 410-612-1688 or 410- 879-2000, extension 1688.

**BASKET BINGO**

Basket bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company will be held at VFW Post 8185, Route 222, Port Deposit. Doors

open at 6 p.m., Bingo starts at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raf- fles will be available. For more information or to pur- chase tickets, call Anne Gibson at 410-378-3338, JoAnne Bierly at 410-378- 3320 or Stephanie Gibson at 410-378-2672.

**SUNDAY  
MARCH 26  
WOMEN'S DAY  
CELEBRATION**

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, will celebrate the 98th Annual Woman's Day, 11 a.m. Rev. Shirley Overstreet, James Tabernacle Holiness Church, Baltimore will be the guest speaker. The Gospel Inspirations will perform a concert at the 4 p.m. service. For more information call 410-939-2267.

**TUESDAY  
28 MARCH  
LADIES GOLF HOLDS  
OPEN HOUSE**

The Edgewood Ladies' Golf Association will hold an opening coffee 10 a.m. at the Exton Golf Course in Edge- wood. The ELGA is a nine-hole group open to all ladies who enjoy golf. Play is every Tuesday morning April through October. Beginners are welcome as long as they can score below 80 for nine holes. For more information, call Connie Richardson, 410- 676-0179.

*(Editors Note: More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Cmty. Notes.)*



Post Shorts

awarded to college-bound high school and college students enrolled in programs leading to undergraduate degrees.

This scholarship opportunity is open to both civilian and military applicants.

In addition, the club administers MCSC scholarships in four categories: high school seniors, current undergraduate students, current graduate students and non full-time certification, continuing education and technical program students.

All applicants must either be an MCSC member or the dependent of an MCSC member.

Applications for all scholarships are available from the MCSC Web site, **www.apgm-csc.org**, and must be postmarked no later than April 1. For details, visit the Web site or call 410-297-8767.

NMFA summer camp program announces sites

The National Military Family Association announces its 2006 Operation Purple Summer Camp sites.

NMFA developed this free summer camp program in response to the need for increased support for military children, especially those whose parents are or will be deployed.

Registration ends May 1. Applications are available on the NMFA Web site, **http://www.nmfa.org/site/PageServer** along with a list of campsites.

Temporary closure of APG Maryland Job Service Office

The APG Maryland Job Service Office is temporarily closed until further notice.

For immediate assistance call the Bel Air Office, 410-836-4603, and ask to speak to a veterans representative.

Additionally, the March

2006 Transition Assistance Program Class is cancelled; but the April class is expected to run.

Program aids families

"Unmet Needs," is a Veterans of Foreign Wars program that gives financial aid to military families.

Military members or their spouses may apply for financial aid through the Unmet Needs Web site **http://www.unmetneeds.com/**.

The VFW reviews the applications and makes contact with applicants, as well as their military commands or family support representatives, to talk about their specific financial needs.

When approved, the money goes directly to the company or utility to whom the family owes money.

Unmet Needs has raised over \$900,000 to help 1,000 military families since its inception in June 2004.

Blood drive scheduled April 12

Headquarters and Head-

quarters Company, U.S. Army Garrison, is holding an installation blood drive 9 a.m. to 1 p.m., April 12, at the APG Chapel Social Hall.

The Blood Drive is open to everyone. Appointments are encouraged in order to decrease wait times; but walk-ins are welcome.

The drive is sponsored by the Armed Services Blood Program and all blood collected will only be distributed within the military community.

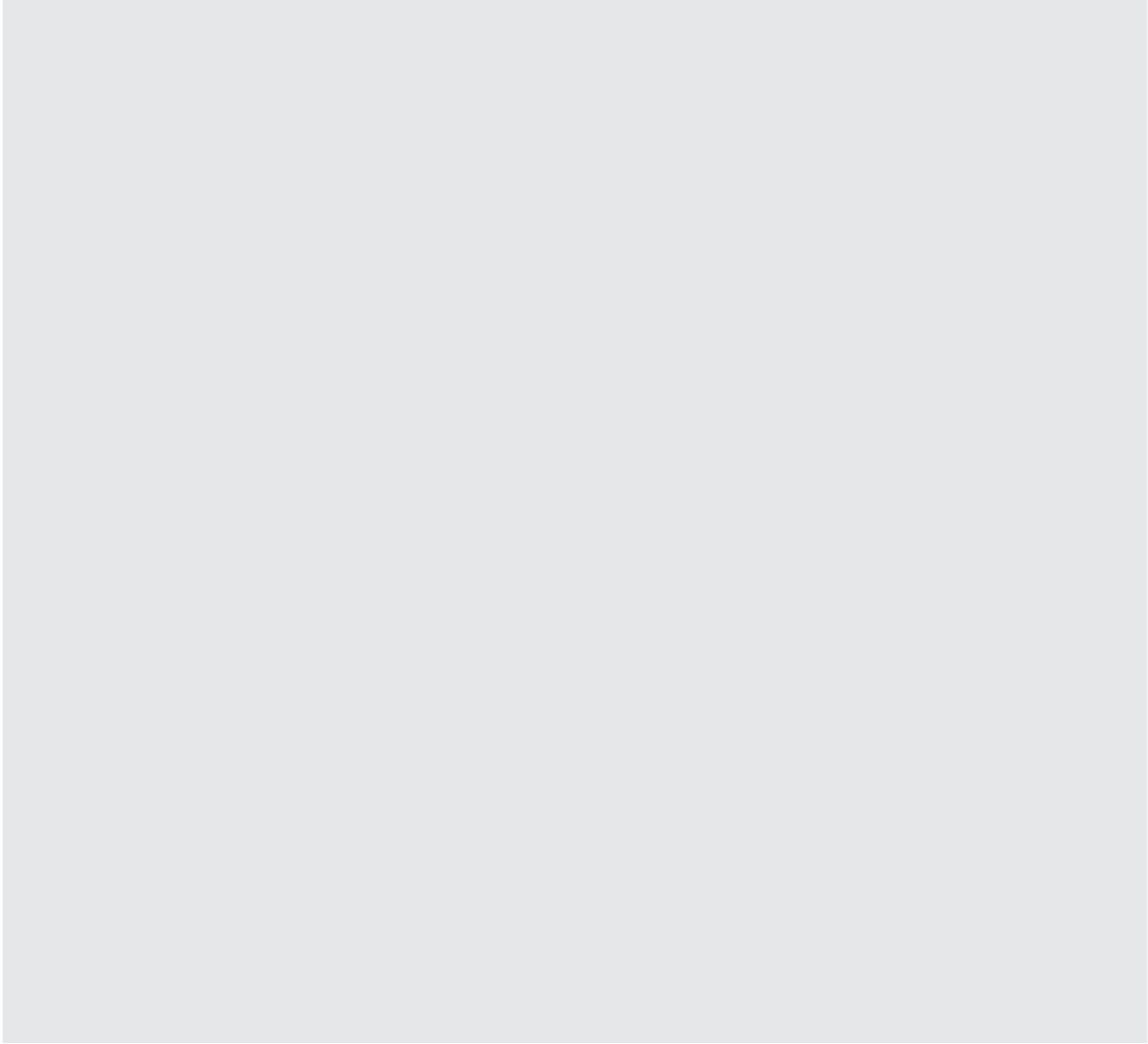
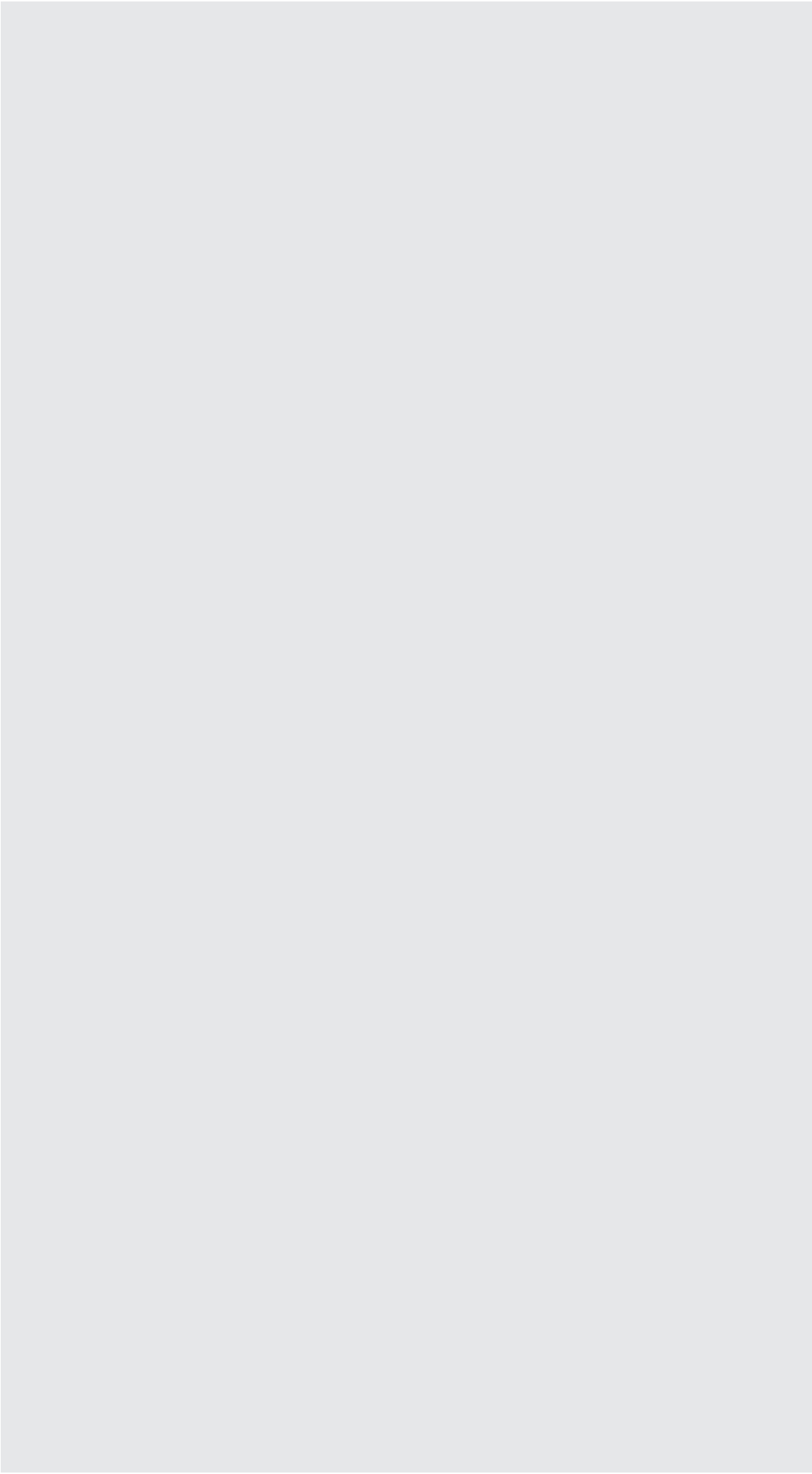
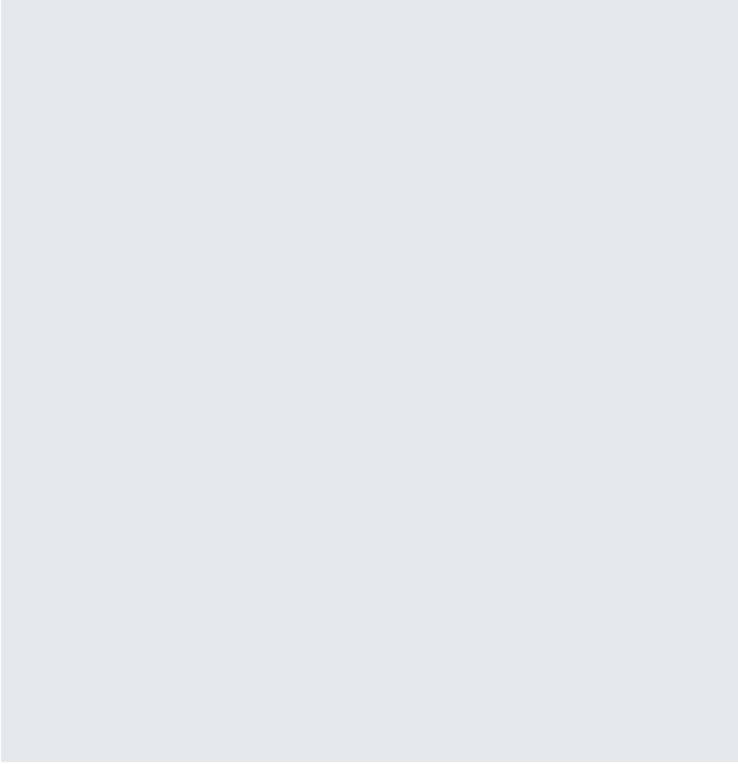
To make an appointment or for more information, call Candace Hollingsworth, 410-278-3000.

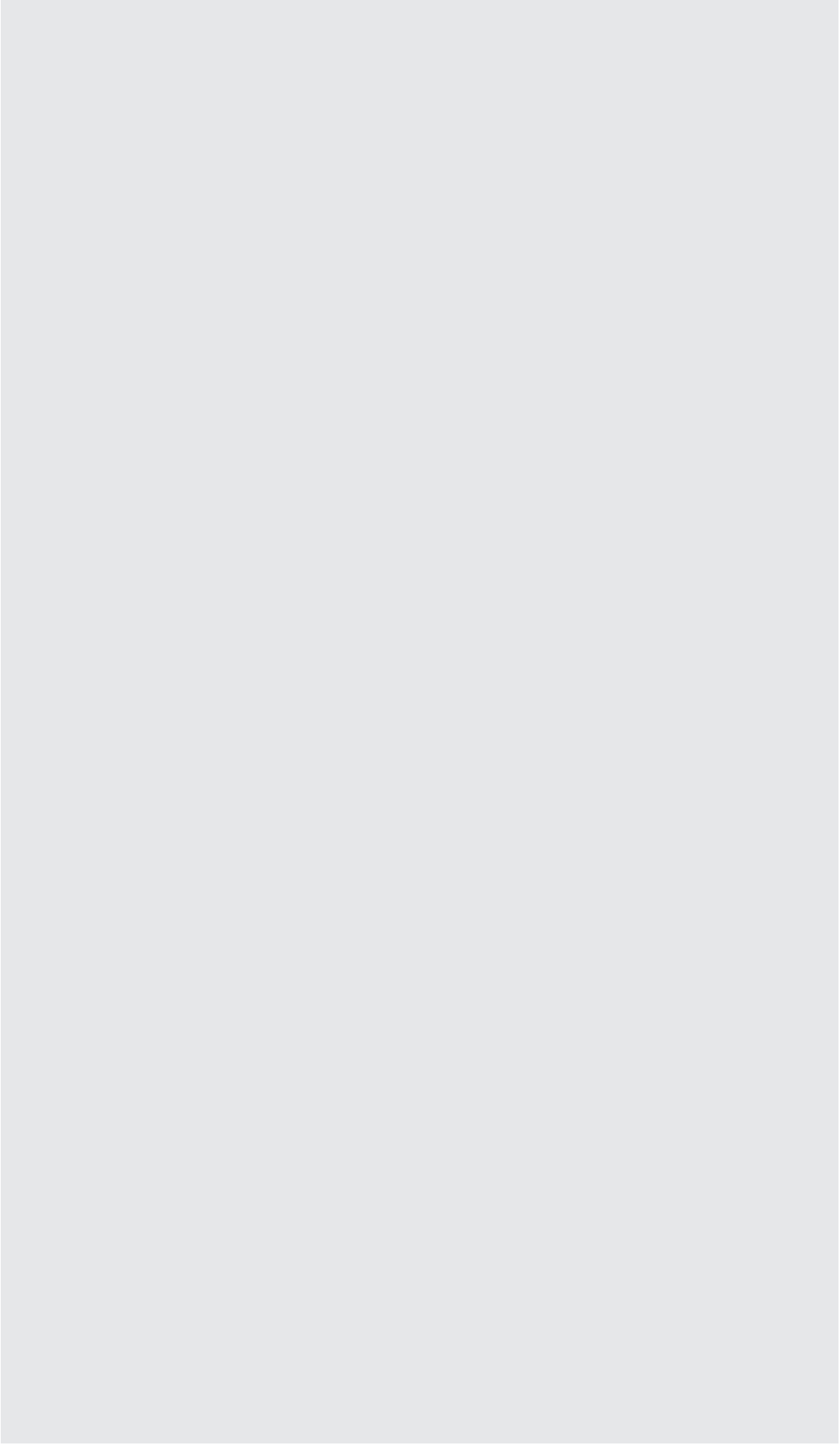
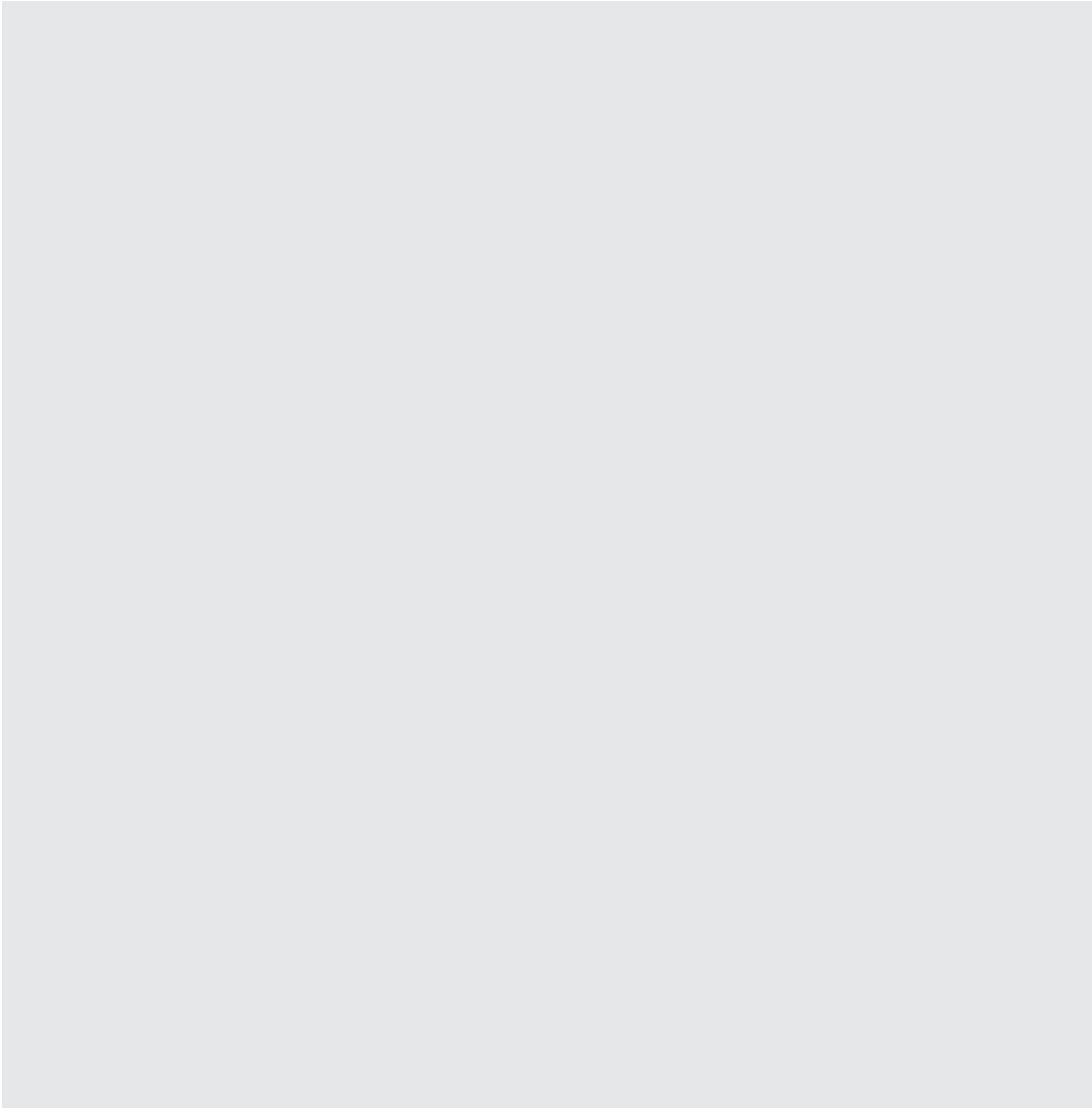
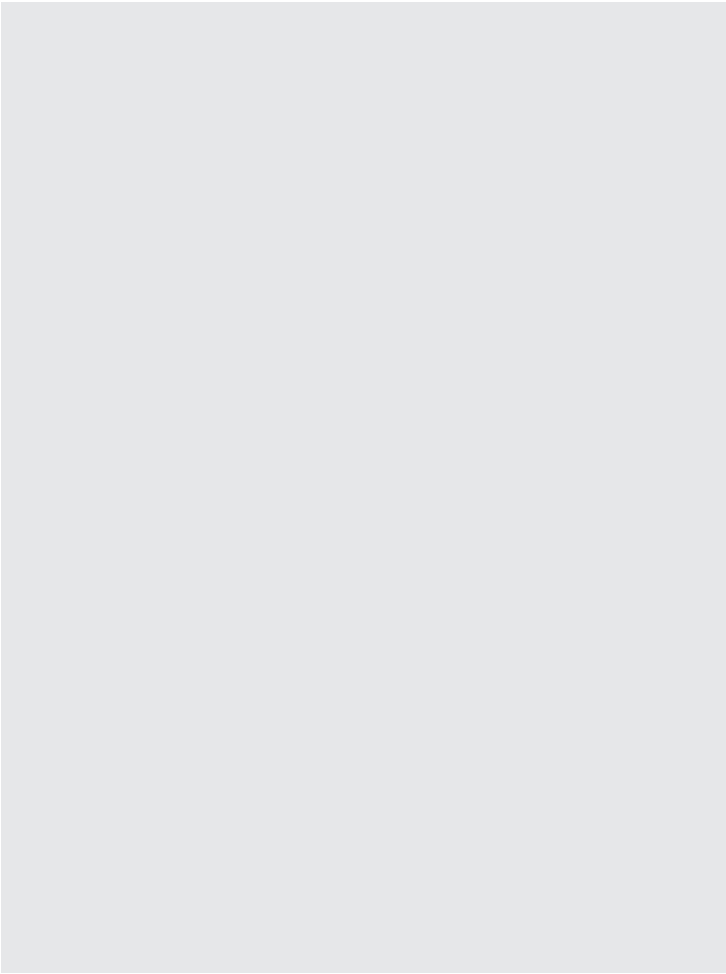
Re-Nu-It centers hours of operation

The Aberdeen Re-Nu-It Center hours are 9:30 a.m. to 6 p.m., Tuesday through Thursday, 9:30 a.m. to 7 p.m., Friday and 8:30 a.m. to 3 p.m., Saturday.

The Edgewood Re-Nu-It Center hours are, 8 a.m. to 4 p.m., Thursday.

*(Editors Note: More post shorts can be seen at **www.apgnews.apg.army.mil** under 'Shorts.')*





# AER

*From front page*

other sources such as insurance companies or the government.

Since it was established in 1942, AER has helped more than 3 million Soldiers and family members with more than \$942 million. In 2005 AER assisted 49,000 Army people with more than \$34 million.

For more information, contact the AER officer at 410-278-2508 or visit the AER Web site **www.aerhq.org**.



# Time to debunk a myth

*National Federation of Federal Employees*

Some federal employees think that unions must represent them whether or not they choose to join. This is simply not true.

The law says the union’s duty to represent a non-member is limited, and that the union must only negotiate and administer collective bargaining agreements. In fact, the union would never be able to afford representing all non-members.

Comprehensive union representation is provided only to those who have chosen to join the union and become members. Do not get caught without union representation when it’s needed most.

Joining the union is not just a matter of uniting with fellow coworkers to have a stronger voice and real bargaining clout, it is a matter of survival.

Anyone with problems on the job and needing representation at the Merit Systems Protection Board, Equal Employment Opportunity Commission, Worker’s Compensation, etc., legal bills could run into the thousands of dollars.

Any member of NFFE Federal District 1, IAMAW with a valid claim will be represented free of charge.

When everyone joins, everyone is protected. The union does not just help reach an end to a grievance, it seeks an end to the beginning of all grievances.

Don’t wait until it is too late, join NFFE-IAM Local 178 today by calling 410-436-3942. The hours are 11:30 a.m. to 5:30 p.m., Monday; 11 a.m. to 1 p.m., and 4:30 to 5:30 p.m., Tuesday, Thursday and Friday; and 11:30 a.m. to 4:30 p.m., Wednesday.

## Chapel Services *Holy Season schedule*

### Aberdeen Area

**Protestant services**

Regular worship is Sunday, 10:15 a.m.  
April 9, 10:15 a.m., Palm Sunday service  
April 13, 7 p.m., Maundy Thursday Living Last Supper  
Sunrise service, 7 a.m. Fanshaw Field, hosted by Ordnance Center and Schools 61st Ordnance Brigade; all invited

**Latter Day Saints**

Regular worship is Sunday, 1 p.m.

**Gospel**

Regular worship is Sunday, noon

**Catholic services**

Regular mass is Sunday, 8:45 a.m.  
March 22, 7 p.m., Stations of the Cross  
April 5, 7 p.m., Stations of the Cross  
April 9, 8:30 a.m., Palm Sunday mass  
April 14, 11:45 a.m. to 1 p.m., Good Friday silent prayer time  
April 14, 7 p.m., Solemn Good Friday service  
April 15, 8 p.m., Holy Saturday Vigil mass  
April 16, 8:45 a.m., Easter Sunday mass

### Edgewood Area

**Protestant services**

Regular worship is Sunday, 9:15 a.m.  
April 9, 9:15 a.m., Palm Sunday service

**Catholic services**

Regular mass is Sunday, 10:45 a.m.  
March 15, 7 p.m., Stations of the Cross

March 29, 7 p.m., Stations of the Cross  
April 9, 10:45 a.m., Palm Sunday mass  
April 13, 7 p.m., Holy Thursday mass, Washing of the Feet  
April 14, 11:45 a.m. to 1 p.m., Good Friday silent prayer time  
April 16, 10:45 a.m., Easter Sunday mass

**Latter Day Saints**

Regular worship is Sunday, 10:30 a.m., in the Edgewood Conference Center, building E-4810.

**Jewish services**

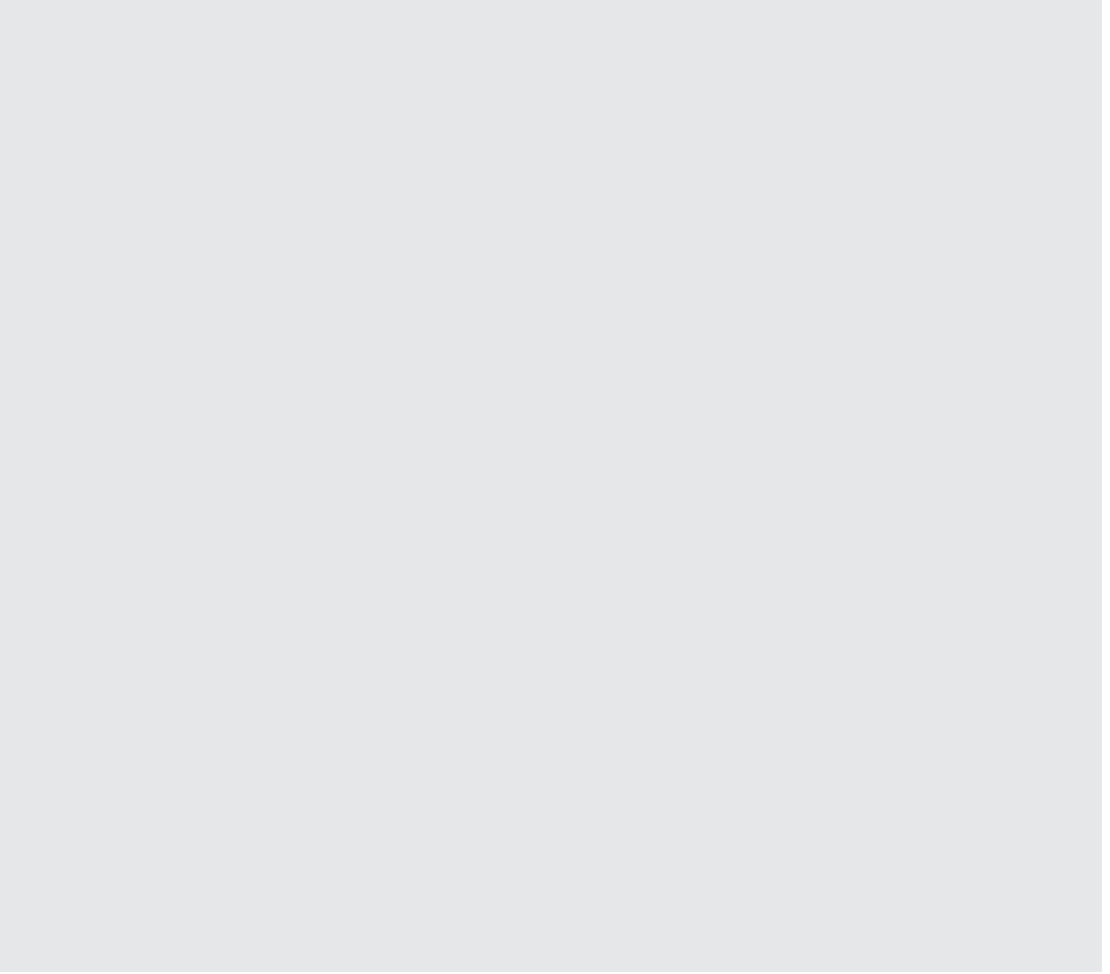
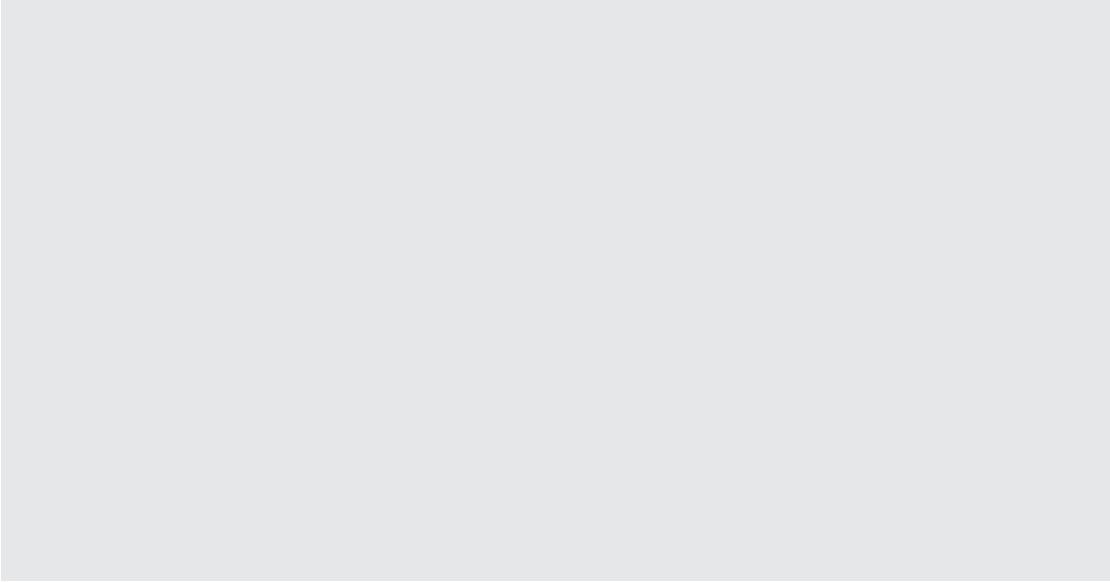
April 13 through 20, Pesach (Passover)  
Jewish worship services will be held at the Harford Jewish Center, Havre de Grace. For more information, e-mail [hjcmd@comcast.net](mailto:hjcmd@comcast.net).

**Islamic services**

April 11, Mawlid am Nabi (Prophet Muhammad’s Birthday)  
Islamic worship services will be held at the AM-NUR Foundation, 10012 Harford Road, Parkville, MD  
For more information, call 410-663-9677.

**Eastern Christianity – Orthodox**

All Lenten and Holy Week services are celebrated one week after Western Christian feasts. Worship will be held at the Four Evangelists Ukrainian Orthodox Mission (John Carroll School on Route 22), Bel Air.  
For more information, call 410-588-5885.





# Tax Center offers assistance

OSJA

The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax preparation and electronic filing for qualifying active duty military members, retirees, and family members. The Tax Center is located on the second floor in building 310, wing 9.

Hours of operation are 7 a.m. to 3 p.m., Monday through Wednesday, and 1 to 3 p.m. on Thursdays. Walk-in hours for simple tax returns are 7 to 11 a.m., Monday through Wednesday. More complex returns may require an appointment.

Prior to arriving at the Tax Center, patrons should access the agreement and questionnaire located at the bottom of the Aberdeen Proving Ground Web site, **www.apg.army.mil**. Click on the document for questionnaire and agreement.

Questions about the Tax Center services should be directed to 410-278-2127.

The Tax Center will not prepare tax returns after April 12. The Tax Center will officially close on April 13. The deadline to file tax returns to the Internal Revenue Service is April 17.



## Channel 21 features Pentagon Channel programming

The Pentagon Channel will feature the following programs on Channel 21 as of Feb. 21. These programs are subject to change each week and will be updated accordingly.

### Monday

- ATS Reloaded, 5:30 a.m.
- American Veteran, 9:30 a.m. and 9:30 p.m.
- Army Newswatch, 11 a.m.
- Inside Afghanistan/FJ Iraq, 1 p.m.
- Army Newswatch, 3 p.m.
- Around the Services, 5:30 p.m.
- Focus on the Force, 10 p.m.

### Tuesday

- Around the Services, 8 a.m. and 8 p.m.
- Focus on the Force, 1 p.m.
- Army Newswatch, 3 p.m.
- Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
- Army Newswatch, 7 p.m.
- Navy/Marine Corps News, 9 p.m.

### Wednesday

- Around the Services, 8 a.m.
- Army Newswatch, 9:30 a.m. and 9:30 p.m.
- American Veteran, 1 p.m.
- Inside Afghanistan/ Freedom Journal Iraq, 2 p.m.
- Freedom Journal Iraq/ Inside Afghanistan, 4 p.m.
- Navy/Marine Corp News, 5 p.m.
- Around the Services, 8 p.m.

### Thursday

- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 9 a.m. and 9 p.m.
- Pacific Report/AFN Europe Report, 11 a.m.
- Focus on the Force, 1 p.m.
- Navy/Marine Corp News, 3 p.m.
- American Veteran, 5 p.m.

### Friday

- Around the Services, 5:30 a.m. and 8 p.m.
- Around the Services, 12:30 p.m.
- Army Newswatch, 3 p.m.
- Freedom Journal Iraq/Inside Afghanistan, 4 p.m.

### Saturday

- Around the Services, 5:30 a.m.
- Inside Afghanistan/VA News, 7:30 a.m.
- American Veteran, 1:30 p.m.
- ATS Reloaded, 5:30 p.m.
- Battleground, 7 p.m.
- Recon, 8 p.m.

### Sunday

- ATS Reloaded, 5:30 a.m.
- Freedom Journal Iraq, 10:30 a.m. & 4:30 p.m.
- American Veteran, 1 p.m.
- Around the Service, 7:30 p.m.
- ATS Reloaded, 9:30 p.m.

Army Newswatch – Bi-weekly report on the men and women of the Army.

Around the Services – From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world.

RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. military men and women.

Your Corps – Monthly view of the men and women of the Marine Corps.

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq.

Navy Marine Corp News – A weekly look at the men and women of today’s sea service.

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the U.S. Air Force.

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service.

Battleground - Every weekend, this series features historic films from World War II, Korean War, and the Vietnam War. A Pentagon Channel Original Series.

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

Inside Afghanistan – Presents the latest from Operation Enduring Freedom, showing the activities of American troops in country.

ATS Reloaded – ATS-Reloaded revisits the best of the week and keeps viewers updated on information that’s important to them.





# DoD ovarian cancer research program seeks answers, achieves progress

Story by  
**KAREN FLEMING-MICHAEL**  
U.S. Army Medical Research and Materiel Command

When she was 25 years old, Nyrvah Richard was in so much pain she was unable to make it out of a New York City subway train. After repeated visits to her internist when Ann Mason was 49, her doctor told her to go on a diet and exercise more to lose the girth she'd suddenly gained.

Both women had ovarian cancer. None of their doctors knew it.

Ovarian cancer "is very, very difficult to detect. There's no screening for it. There's no 'ovarian gram,'" said Dr. Patricia Modrow of the Department of Defense Ovarian Cancer Research Program.

Both women had the bloating and weight gain that are symptoms of the disease. But because those symptoms of ovarian cancer—along with fatigue; pelvic or abdominal pain; gastrointestinal upsets such as gas, nausea and indigestion; and frequent urination—are present in so many other diseases that a diagnosis of ovarian cancer is often overlooked. Sadly, the disease is extremely lethal when detected later rather than sooner. According to the American Cancer Society Web site, more than 80 percent of women diagnosed with ovarian cancer are in late stage (stage III or IV). Of those, just 19 percent will live five or more years after the cancer is found.

Despite both being diagnosed in stage III, both Richard and Mason beat the odds. This year both will mark 10 years of surviving ovarian cancer. Now advocates for increased awareness and research funding, the women devote countless

hours trying to help women defy the America Cancer Society's stats that predict in 2006 that 20,180 women will be diagnosed with ovarian cancer while 15,310 women will die of it.

One way Richard and Mason have made a difference is by participating in the Defense Department's Ovarian Cancer Research Program. Since 1997, Congress has appropriated \$101.7 million in research funding to help the program's researchers, physicians and advocates achieve their vision: eliminating ovarian cancer.

"Our vision is a bold one," said Modrow, the program's manager since 2001. "We have to try to do something that is some day achievable, and the scientists and the consumers believe it is."

After seeing breast cancer advocates successfully lobby Congress for more research funding in 1992, ovarian cancer advocates charged Capitol Hill and received \$7.5 million in 1997 for the creation of the Department of Defense Ovarian Cancer Research Program.

In the DoD program, ovarian cancer survivors, alongside scientists and medical professionals, set the program's goals, review research proposals, vote on which proposals will receive funding, and, most importantly, bring urgency to the need for answers about the disease.

"Sometimes as a scientist at the bench, you can lose sight of what's important," Modrow said. "Consumers give the scientists a reason as to why they do the work, and consumers bring a sense of urgency to the research."

Every year the program's participants decide on the investment strategy for the money it receives. For fiscal year 2006, the program received \$10 million. The

program tends to fund research proposals that will have the greatest impact on the disease while ensuring research isn't being duplicated elsewhere.

The program can point to many successes.

Its researchers created the first-ever animal models to study detection and treatment of the disease. It helped historically black colleges and universities break into the field of ovarian cancer research. It funds research into preclinical therapeutics and targeted therapies, some of which are now looking at the use of nanotechnology to kill just the cancer cells and none of the healthy ones like current-day chemotherapy does. And, perhaps most important to many ovarian cancer advocates, its researchers have developed biomarkers, which may lead to tests for early stage diagnosis of ovarian cancer as well as be important in finding treatments for it, Bora said.

"We supported program projects when no other funding agency did," Modrow said.

Throughout its existence the program has made a difference to researchers as well as advocates, Mason said.

"The DoD program is helping change the tone and timbre of the conversations that we have. The research community understands why they're doing what they do. When they want to give up, they remember the faces around the table and they say, 'If she's not giving up, I can't give up,'" she said. "It's a real life-changing experience where consumers come away from these sessions with a whole new appreciation of the hours researchers spend and the talent being used so our sisters and our daughters will have better lives."

## Ovarian cancer information

"Ovarian cancer is not the silent killer that it has earned the reputation of being. There are symptoms, even though they may be symptoms that can be attributed to other diseases," said Nyrvah Richard, who was diagnosed at age 25. "You are the one who lives in your body. If you can tell that something is not as it was or should be, then you have to be your best advocate and keep pursuing it and keep insisting that somebody use whatever technology is available to get you diagnosed."

About one fourth of ovarian cancers are found at an early stage. Finding the cancer early improves the chances that it can be treated successfully. Unfortunately, there is no reliable test for finding this cancer early.

See a doctor if experiencing symptoms, but know that early cancers of the ovaries tend to cause symptoms that are somewhat vague. Keep in mind that these problems are often caused by something other than cancer. Symptoms might include:

- swelling of the stomach (abdomen) from a buildup of fluid
- unusual vaginal bleeding
- pelvic pressure
- back or leg pain
- problems such as frequent gas, bloating, long-term stomach pain, constipation, or indigestion

A study published in the Journal of the American Medical Association in 2004 showed that nine out of 10 women had these with symptoms in early stages.

"You don't need all symptoms; you may just have one," said Ann Mason of the Ovarian and Gynecologic Cancer Coalition of Greater Washington.

Persistence and frequency are key when it comes to symptoms, Mason added.

"The difference between these symptoms of ovarian cancer and normal life symptoms are the degree with which the symptoms persist and the frequency of recurrence," she said. "For example, bloating and abdominal pressure is constant; it doesn't come and go like a Mexican meal."

By the time ovarian cancer is thought of as a possible cause of these symptoms, it may already have spread beyond the ovaries. Also, some types of ovarian cancer can quickly spread to the surface of nearby organs. But prompt attention to symptoms can improve the odds of finding the cancer early and treating it successfully. Any of the symptoms should be reported to a doctor right away.

*(Editor's note: Some information taken from the American Cancer Society Web site.)*

## DoD Mental Health Self-Assessment Program available

Deployment Health Clinical Center

The Mental Health Self-Assessment Program is a voluntary, anonymous, self-directed mental health and alcohol screening and referral program offered to military families and service members affected by deployments and mobilizations. It is offered online, 24/7 and through special events held at installations and reserve units.

The MHSA Program is provided by the nonprofit organization Screening for Mental Health, Inc. with funding from the Department of Defense Office of Health Affairs.

Anonymous, self assessments are available for depression, bipolar disorder, alcohol use, post traumatic stress disorder and generalized anxiety disorder. Results and resources are listed at the

end of every assessment. Individuals can print the results of their assessments to take with them to a healthcare provider. Information on TRICARE providers, Veterans Centers and Military OneSource is also provided.

The MHSA Program is available at <http://www.militarymentalhealth.org>.

For those who wish to test the site without actually completing the screening in earnest, there is a test site available to use. It can be accessed at <https://www.militarymentalhealth.org/test>.

The actual screening is anonymous and no individually identifying information is collected or saved, however, population-level data such as number of "hits," etc., is being collected in order to determine the effectiveness of the program.

Installations or guard/

reserve units are also invited to receive free, ready-to-use kits of screening and education materials to promote and conduct these health-fair style events at installation or unit level. The materials are being provided, while they last, to military installations and units worldwide. They can be used for National Alcohol Screen-ing Day or National Mental Health Screening Day (formerly known as National Depression Day Screening), or for units that have family days at another time during the year, the materials and training are available to support those events, regardless of when they are scheduled.

More information about the DoD Mental Health Self-Assessment Program is available online at <http://www.pdhealth.mil> and <http://www.pdhealth.mil/mhsa.asp>.

## Learning about side effects of hydroxycut

Story by  
**COL FREDERICK C. GOOD**  
Special contributor

A 20-year old Soldier was brought to the Emergency Department at Charlie Med by his friends who informed the [medical personnel] that he had collapsed, lost consciousness and lost bladder control. Upon arrival, the Soldier was confused and did not recall the event. His examination and work-up was otherwise unremarkable. He was evacuated to a Level III facility for further neurological evaluation.

A 19-year old Soldier presented himself to the Emergency Department at Charlie Med with the complaint of palpitations and chest pain. Upon examination he was found to be in an abnormal heart rhythm known as ventricular bigeminy, which could potentially lead to a fatal rhythm known as ventricular tachycardia.

Both of these cases occurred within a few days of each other. Both cases could have ended with a loss of life or permanent disability.

The common denominator in both cases was a supplement known as Hydroxycut, which is used for weight loss.

This product, when used as directed, may indeed be as safe as advertised; however, further investigation revealed both individuals had

decided to "help" the product and failed to "eat sensibly and drink at least 10 to 15 eight-ounce glasses of water a day."

The previous generation of Hydroxycut contained ephedra which was deleted by order of the Federal Drug Administration due to serious side effects encountered including loss of life and stroke with its attending permanent disability. The remaining ingredients found in the product are essentially unchanged.

Hydroxycut still contains a number of ingredients classified as stimulants and should not be used in a combat zone with the inherent problems encountered in regard to hydrating adequately and eating regularly.

The primary side effects of this product include cardiac dysrhythmias (irregularities of heart rhythm, some potentially lethal), elevated blood pressure and even stroke.

The use of this product or any similar products is strongly discouraged, and any remaining product should be discarded. This product and any similar products are not a shortcut to fitness, and no substitute for a regular Physical Training program.

*(Editor's note: Col. Frederick C. Good, DO, MC, FS, Emergency Physician, is assigned to Company C, 228th Forward Support Battalion, Ar Ramadi.)*

## Adjustments essential to maintaining TRICARE, official says

Story by  
**Sgt. Sara Wood, USA**  
American Forces Press Service

Adjustments to the TRICARE program are necessary to ensure military health benefits are maintained at a superior level for many years, a Defense Department official said Feb. 1.

The much-anticipated changes will not change the benefits military beneficiaries receive under the program, Dr. William Winkenwerder Jr., assistant secretary of defense for Health Affairs, said at the State of the Military Health System 2006 Annual Conference.

"Sustaining the benefit is about making needed adjustments that are fair, that are thoughtful, that are equitable, and that go a long way towards sustaining the superior program that we have today," Winkenwerder said.

Program adjustments will not affect active-duty military members or their families, said Army Brig. Gen. Elder Granger, deputy director and program executive officer of the TRICARE Management Activity.

"We know we have a nation that is at war, and we're going to continue to make

sure that we maintain those superb benefits that we need to support this long and drawn out Global War on Terrorism," Granger said.

The adjustments, which will affect enrollment costs and other fees, will apply to the large military retiree population served by TRICARE. Raising costs to beneficiaries is a controversial issue, but

increasingly higher rate in the past five years due to added and expanded benefits, reduced cost contributions, regular health inflation, and a growing population of retirees under the age of 65, Winkenwerder said. Costs have doubled in five years, he said, and if they continue at this rate, it is estimated that the health system will take up

agreement that what the department is putting forward is appropriate, prudent, fair, equitable and necessary," he said.

The military health system will employ other strategies to make operations more efficient and save money, Winkenwerder said. DoD will promote generic drug use in pharmacies, the use of the mail-order pharmacy, better hospital use, and joint procurement with the Veterans Affairs Department, he said. DoD's new electronic record system also will save the department money by reducing medical errors and speeding up the movement of information, he added.

DoD's only motivation in making these changes is to ensure health benefits are maintained at their current level, Winkenwerder said. The proposed changes will save billions of dollars over the years and will allow the department to sustain the best health system in the country, he said.

"It is a fantastic benefit, and I am absolutely delighted that that's what has been built," he said. "Our goal is to sustain that, to keep that for the future."

DoD cannot keep up its medical system if the costs keep increasing at the rate they have been, Winkenwerder said.

"We are recognizing a reality that we have in front of us, and not to act or not to take appropriate steps to recognize that reality would be placing the promise of a great health benefit at risk," he said. "Doing nothing is not a secure foundation for the future."

Health costs for the military have been rising at an

8 percent of the DoD budget, at \$64 billion, by 2015.

Determining what adjustments will be made has been a long process, involving the surgeons general of the services, the service chiefs, the Joint Staff, assistant secretaries for manpower and readiness, and personnel chiefs, Winkenwerder said. It has been a joint effort, and all the entities approve of the results, he said.

"There's agreement that this is the right approach, and the leadership is very much in



## Making the most of Nutrition Month

DeCA

March is National Nutrition Month, an excellent time for military families to learn more about eating healthy and keeping their finances healthy.

"We want to be the nutritional leader of the military community," said Patrick B. Nixon, chief executive officer and acting director of DeCA.

"Commissaries offer health and wellness products, fresh produce, lean meats and much more – all at cost. And, one of the best ways to lose weight and eat healthy is to know what's in the products you're buying. You can't always do that in restaurants or the fast food drive-thru, but you can do it by reading labels at the commissary and fixing your meals at home," he said

Commissaries now feature small shelf signs with dietary tips based on the Dietary Guidelines for Americans from the U.S. departments of Agriculture and Health and Human Services. "It's not our job to tell people what to eat," Nixon said. "But we can share a little 'food for thought' and make their shopping experience a little more fun and educational."

## KUSAHC Shots

### Take Care of Yourself Classes offered at KUSAHC

The Take Care of Yourself Classes offered at KUSAHC teach participants how to treat minor illness/injuries and when to see a doctor. Upon completion of the class attendees receive a medical card for over-the-counter medications from the KUSAHC pharmacy.

Classes will be held April 20, July 20 and Oct. 19 in the Readiness and Training Center Conference Room on the first floor at KUSAHC.

To sign up, call Community Health Nursing at 410-278-1964.







Kenneth Morales, 16th Ordnance Battalion, left, and Jason Smith of the 143rd, square at the start of the third bout of Amateur Boxing Night at the Aberdeen Athletic Center March 11.

# 143RD WALLOPS 16TH BOXERS TO WIN AMATEUR BOXING TOURNAMENT

Story and photos by  
**YVONNE JOHNSON**  
APG News

The 143rd Ordnance Battalion took 9 of 14 bouts, blowing away the 16th Ordnance Battalion in Morale, Welfare and Recreation's fourth Amateur Boxing Tournament at the Aberdeen Athletic Center March 11.

Two bouts featuring Edgewood boxers were exhibition only, and more than 600 boxing fans attended the event.

It was a night of spectacular TKOs accentuated by the two battalions' Soldiers screaming "APG!" "APG!" and "Edgewood!" "Edgewood!" when they weren't applauding ring girls Kiley McDevitt and Shannon Marino.

The fighters kept attending physician, Capt. Martin Rose, Kirk U.S. Army Health Clinic, busy running from corner to corner, tending to bloody noses and woozy fighters all evening.

Ten bouts ended in TKOs the most stunning delivered by Company C 143rd's James Russell who stunned HHC 16th's Kevin Romero with two shots to the head just seconds into the first round. The referee called the fight after a standing 8-count. In another exciting match-up, the 16th's Clifton Lankford, Company A, scored a TKO on Company B 143rd's Jonny James near the end of their fight, bringing the 16th fans to their feet.

The fighters and coaches agreed it was a night to remember.

"I've never done this before but I like physical play," said 143rd's Albany Fitchett, Company B, one of the two females to

participate in the tournament. "I was a little nervous but with my family and friends behind me I wasn't giving up," she said.

Fitchett won by a TKO on Sharon Ashbaugh, Company A 16th. She thanked the team's coaches Antonio Lewis, Duane Edwards, Pinto Sterling and Omar DeJesus.

"They taught us a lot," she said.

Also from Company B, boxer Marvin McDaniel, who won his match-up against Douglas Sanborn, Company A 16th, added that he overcame his nervousness by focusing on his coaches as they shouted instructions from outside the ring.

"I tried to take everything they taught me and put it to use, McDaniel said. Hearing their words of wisdom made me all the much better."

Lewis said the coaching team focused on "the basics."

"We focused on fundamentals," he said. "Nothing fancy. We taught them straight punches and told them to stay focused."

"And we told them to believe in themselves," he added.

"These fighters were all tough," Sterling said. "We're proud of them and they should be proud of themselves."

The 16th Ordnance Battalion coaching team included Raymond McFarland and Granville Bracy.

McFarland thanked KUSAHC and the APG News for their support, and MWR "for providing such a positive event." He praised his fighters and said that all were winners.

"My Soldiers claimed victory not by the judges or the referees, but by executing as instructed once they faced their oppo-

nents," McFarland said. "I hope this type of esprit de corps continues because it is just one more way to reach out and help Soldiers open up in different ways."

The 16th provided the Color Guard, made up of battalion drill sergeants led by Sgt. 1st Class Kristina Hope of Company B.

In addition, Staff Sgt. Venus Briggs, Company C 16th, sang the national anthem, and Staff Sgt. Brian Smith, HHC 16th served as the ring announcer.

The battalion chaplain Capt. Damon Onellion gave the invocation and Sgt. 1st Class Vada Jones provided recorded musical selections.

Special guests in attendance who presented the fighters' medallions at the conclusion of each bout included APG Garrison Command Sgt. Maj. Elvis Irby, 143rd's Lt. Col. Linwood Clark, and 16th's Lt. Col. Richard Parker and Command Sgt. Maj. William Hart.

Joseph Cooper and H. Wayne Smith, Washington DC/Northern Virginia, Officials Association, refereed the fights.

MWR senior programmer Earlene Allen said the program will continue as long as the Soldiers and community continue to support it.

"Thanks to the MWR staff and supporting elements, this was another successful evening for APG," Allen said. "Our thanks go out to the commands and of course to all the Soldiers who made it happen."



Referee H. Wayne Smith keeps an eye on Christopher Bowman, 16th, left and Kenny Oxenade, 143rd, right.



Clifton Lankford, 16th, left lands one on 143rd's Jonny James, right.

| FINAL STANDINGS |                        |                        |
|-----------------|------------------------|------------------------|
| Bout#           | 143rd                  | 16th                   |
| 1               | Brandon Bush           | Kent Katzler (Win)     |
| 2               | Macree Frisby (Win)    | Daryl Zarkevis         |
| 3               | Jason Smith            | Kenneth Morales (Win)  |
| 4               | Justin Nishimura (Win) | Noel Noel              |
| 5               | Yariel Roman (Win)     | Tracey Thompson        |
| 6               | Albany Fitchett (Win)  | Sharon Ashbaugh        |
| 7               | Marvin McDaniel (Win)  | Douglas Sanborn        |
| 8               | James Russell (Win)    | Kevin Romero           |
| 9               | Joseph Cleveland       | Brian Townsley (Win)   |
| 10              | Mark Villacin          | Santos Flores (Win)    |
| 11              | Jonny James            | Clifton Lankford (Win) |
| 12              | Darryl Dismukes (Win)  | Thomas Arnold          |
| 13              | Kip Bonds (Win)        | Tony Shaw              |
| 14              | Jose Chairez (Win)     | Levi Davis             |
| 15              | Kenny Oxenade (Win)    | Christopher Bookman    |
| 16              | Alberto Caban          | Lucas Carr (Win)       |



Referee H. Wayne Smiths watches blows exchanged between the 16th's Thomas Arnold, left and 143rd's Darryl Dismukes.



Tony Shaw, 16th, left, sends the 143rd's Kip Bonds a wide right.